

# CONCERNING THE PURSUITS OF WOMANKIND

## THE CHAFING DISH.

What May Be Done With Dried Vegetables in the Season When Fresh Ones Are Scarce.

By AGNES MARTIN.

IT IS surprising how many really delicious dishes can be made from dried vegetables. Soaking them a sufficient length of time will restore them to almost their original freshness, and are practically just as good. Try them and you will find them economical and dainty.

### Creamed Butter Beans.

One-half pound of butter beans; soak for twenty-four hours in cold water; cook slowly in water that is slightly salted; cook until very tender; take out and drain; put a tablespoonful of butter in a saucepan; when melted stir in a very finely minced shallot, and a teaspoonful of minced parsley; let one pint of milk just scald; add the beans; put in saucepan with butter and shallot; season with salt and pepper to taste; just before serving add a few drops of lemon juice; serve hot; garnish dish with croutons.

### Dried Green Peas.

Peas are usually sold in packages; generally instructions as to the length of time required to soak them accompany each package. Cook in salted water, not an onion that the juice may escape; boil with the peas; but remove before it breaks apart; if fresh mint can be had add a sprig of that; if fresh mint cannot be had a little dried mint tied in a bag can be used; when done drain off the water; put in a saucepan a tablespoonful of butter; when hot add a half pint of sweet milk; season with salt and pepper; add a very small teaspoonful of sugar; dissolve a half teaspoonful of beef extract; stir in the milk; then add ten drops of lemon juice; put in the peas; let all get hot and serve.

### Green Peas as a Salad.

Boil as directed until tender; then drain, and let them get cold; dress with mint sauce to which has been added a little oil; or serve with mayonnaise; garnish with grated yolks of hard-boiled eggs or sliced eggs.

### Haricot Sausages.

Soak a half pint of haricot beans over night; boil in salted water until very tender; pour off the water and mash; add one teaspoonful of butter; pepper and salt; a small tablespoonful of sifted flour; a teaspoonful of mixed minced herbs; mix well together; put in a round mold; when cold cut in slices and fry in pork or ham drippings.

### Creamed French Beans.

Cut thin two pounds of French beans; boil until nearly done; then drain dry; put one ounce of butter in saucepan with one ounce of flour; mix well; add one gill of real stock; stir until it boils; then add one gill of sweet cream; again bring to a boil; mix the beans with the sauce; cover the pan and let all boil gently a few minutes; before serving grate in just a pinch of lemon acid and add a few drops of lemon juice; season with salt and pepper and serve hot.

### Fried Carrots.

Wash carefully and boil whole until nearly done; cut them into slices; dip in egg; then roll in breadcrumbs and fry in hot butter or dripping.

### Carrot Molds.

Boil six carrots until tender; drain off the water and mash them fine; season with salt, pepper, and butter; butter

## Trouble Brewing for A Modern Ananias

THE late Mr. Ananias, were he alive today, would have to take off his hat to Horace Meeker McCall, a marine stationed at the League Island navy yard, says the "Philadelphia Enquirer."

Mr. McCall had a beautiful dream Thursday afternoon. In it he was the hero of a hundred battles in the Philippines, and he brought back with him from those islands Juanito Castro, a beautiful Filipino girl. She stowed away on the transport in order to be near her sweetheart, but he was forced to leave her in San Francisco.

### Filipino Bride Comes to Him.

Money saved from his salary, however, got her a ticket to Philadelphia, and she arrived there Thursday night and was met at the station by Mr. McCall. The wedding was scheduled to take place last night at 62 East Wistar Street.

All of this was vouched for by Mr. McCall himself. Soft guitar music, tall palm trees and moonlight rows on the Pacific were incidentals more or less picturesque.

"If McCall succeeds in making Miss Emma Morley of 62 East Wistar Street see the joke he will be an even more wonderful man than he was in his dream. That he will ever make Aaron Morley, the young woman's father, see it is beyond the range of human possibility."

### What the "Other Woman" Says.

At 7:30 Thursday night, the time that McCall declares he was at the railroad station to meet his Filipino sweetheart, he was at the League Island barracks, talking over the telephone to Miss Morley, so that young woman says.

"Mr. McCall is going to be married in August," said Miss Morley, "to me. Well, we won't say anything about that. I don't want my name to get in the paper, but I know he's not going to marry any Filipino sweetheart. I don't know what made him tell such a story. That's what I'm trying to find out and I will find out all right. Just wait until I see him."

## Mormon Says Negroes Cannot Go to Heaven

Only one negro has ever entered heaven, and the gates of heaven are closed against members of the black race. This is the latest doctrine promulgated by the Mormon Church.

The announcement was made a few Sundays ago in Salt Lake City at the funeral services of Eugene Burns, one of the most prominent colored men in Utah. Rev. D. A. Brown, pastor of the First Baptist Church, had just finished his sermon eulogizing the dead negro when Patriarch Miner, president of one of the quorums of the Seventies of the Mormon Church, walked up to the pulpit and, to the consternation of the mourners, began a highly sensational discourse.

### No Heaven for Ethiopians.

He declared that the dead man could not enter heaven. He said that an Ethiopian could not reach the state of exaltation necessary to entrance into heaven. His soul was doomed before his birth.

Eugene Burns was a grandson of Abel Smith, the body servant of Joseph Smith, the prophet of the Mormon Church. Abel, according to Patriarch Miner, is the only one of his race who ever succeeded in gaining entrance into heaven. The reason he was successful was his fidelity to Joseph Smith, the prophet.

"For the colored race," said Patriarch Miner, "there is an exalted state in the next world into which they may go. Provision has been made in the teachings of the Prophet Joseph so that the negro may step up into that preliminary state of exaltation, and when he gets there a chance is given him to accept redemption according to the teachings of Joseph Smith."

### The Widow Fainted.

Mr. Brown immediately arose and declared that no such teachings existed in the Bible. In refutation of the assertions of the patriarch he read several selections from the Bible, citing instances where men with black skins had been saved.

Burns' widow fainted during Patriarch Miner's revelation.

## THE HOOPSKIRT REDIVIVUS.



In order that the belles of the present day may have some idea of the troubles that world come to them if they were forced to go back to the habiliments of half a century ago, Miss Grace Barbour, of Miss Isabel Irving's company, which will be seen at the Lafayette Square Theater all next week in Winston Churchill's play, "The Crisis," has posed for The Times to show how hard a time a young man would have if he wanted to go out between the acts of one of our modern plays if a pretty girl in hoopskirts sat between him and the aisle.

## WISE WAYS WITH WEE FOLK.

Importance of Early Influence in Developing the Character of a Child—How Baby Is Taught Principles of Right Conduct.

By A TRAINED NURSE.

TOO much cannot be said concerning the necessity of using every possible care in selecting a child's nurse, for the old saying, "Mother's eyes are baby's skies," is very true, and it is almost equally true of anyone who has the greater part of the care of a baby.

A child is sure to reflect, in a greater or less degree, the temperament of those about him. Slyness, unreliability and deceit are often acquired by imitation long before a child understands the meaning of the words, or has any conception of even the first principles of ethics. A deceitful nurse will soon be discovered by a baby she cares for, and, naturally, the effect upon the child of such discovery is most disastrous. A nurse who promises and never keeps the promise, who threatens and never carries out the threat, is simply training the child in falsehood.

### Learning by Example.

All these things are daily lessons to a child, just as much so as if the teaching were deliberate, and he will surely follow them conscientiously, and carry them out to the best of his tiny ability. How can he learn that a promise has any value when every day people promise him so many things and never pay? He can hardly be blamed if he learns to lie, when grown people lie to him about matters that are of the utmost moment to him.

Honor, integrity and regard for property rights are principles that become early fixed on the exquisitely sensitive and receptive little mind, and the child who is daily taught to ignore them by the example of those about him will soon learn to pay no heed to their precepts. Such a child has a hard lesson to learn when school time comes on in later life.

### Baby's Reasoning Power.

Even a baby has his own point of view, and soon learns to reason things out for himself, and this is exactly as it should be. From the first dawn of intelligence, which comes long before he can talk, he should be encouraged to think and see for himself. In teaching him, as he grows older, be sure that he understands what he sees or is interested in, not from your idea of a child's point of view, but honestly and clearly.

Many little children are so taught that they must learn everything a second time, after they have grown out of "baby-talk" with which they are deluged by an admiring family or an ignorant nurse.

### Teaching a Child to Lie.

It is sad, but true, that one of the first lessons the child ordinarily learns from his nurse or his parents is falsehood. The teaching is by no means deliberate, for they all condemn it severely,

ly, and are quite unconscious that, day by day, they are teaching it.

Poor baby, innocent and trusting, is given a medicine and told that it is nice; he takes it honestly and finds it nasty. Will he believe mother or nurse the next time? Again, he begs for something he sees, and is told that it is bad, but a little later to "quiet" him, if he frets, he is given the thing he wants, and finds it—not bad, but very nice and desirable.

### Keep Engagements With Baby.

He is told that he may go to a certain place at a certain time; no provision is made for that time, and at last it is inconvenient, and the little one is put off with a light excuse or none at all, and left with a disappointment ranking in his heart. All these things are everyday occurrences in a child's life, and they are not calculated to give

## How Scottish Women Earn Their Bread

THE THIRD and concluding volume of the census returns of Scotland gives some interesting information regarding the employments followed by women.

The population numbered in 1894, 4,422,103, of whom 2,173,755 were males, and 2,248,348 were females. Of this total, 1,982,812, or 44 per cent, followed some occupation. There were, however, 1,198,618 females over ten years of age who were returned as "unoccupied and non-productive," against 264,895 males.

### Queer Occupations.

There were no women engaged in the "defense of the country," but many were employed in occupations usually reserved for men. Two only are described as "dealers in money," but 1 is described as a "dock laborer," 1 is classed as a "coachman," 2 are classed as builders, 1 as a chimney sweeper, 37 are engaged in cycle and motor manufacture, 5 rank as farm grieves (managers), 1 is engaged in omnibus services, 1 is a paperhanger, another is a plasterer, and 2 are house agents.

Altogether 5,686 women are classed as employers, and 4,438 women are "working on their own account."

### More Women Lunatics Than Men.

In 1901 there were 7,390 females and 6,468 male lunatics over ten years of age in Scotland. Their former employments included: Medical profession, 25 females and 26 males; teaching, 82 females and 54 males; art, music, and drama, 29 females and 24 males; and domestic service, 1,740 females and 35 males.

him a very high code of honor, nor a keen sense of right and wrong.

His first life is taught him by the parents or nurse, who sincerely wonder where the baby learned to tell such stories.

Tell only the plain truth to the child, and take heed that you sow no seeds of distrust or disbelief in the little mind that looks to you. Promise only what can be surely and soon fulfilled. Keep an engagement with a child as carefully as with an older friend to whom you would be most unwilling to show disrespect.

Teach him, before he can talk, the rights of others; above all, the rights of property, for carelessness on this point craves the one great failing of the American child. In older countries children, while tenderly cared for and most conscientiously trained, are kept very much in the background, and are taught above all things, to show respect for older people and fair play to other children. Among the best people here the same strict training prevails; but, as a general rule, the American child is a small person very much in evidence at all times, and one who is thoroughly convinced of his inalienable right to be the first one attended to and first considered under all circumstances, as well as of his title to all the bric-a-brac in the house if he fancies any article of it for a plaything.

### Value of Early Lessons.

Such treatment is very unjust to any child, for it makes many an otherwise attractive and lovable little one appear disagreeable in the eyes of everyone but its overfond parents. The child who is taught from earliest infancy to be modest, truthful, and obedient is always happier than the one who has been indulged at the expense of everything and everybody, and his early training in self-control will be found invaluable in later years.

### Keep Home Serene.

Many sensitive little ones are under a heavy strain of the burden of home affairs. They are permitted to hear the family discussions and disagreements, because they are supposed not to understand. Perhaps they do not understand the subject under discussion, but they feel the trouble keenly in the unpleasant change in the home atmosphere, and often worry over it and try to adjust it to suit the baby fancy. Here again "Mother's eyes are baby's skies."

Until a child is old enough to consult in family affairs he is best kept in ignorance of all family jars or worrisome impressions. His own little life and its immediate surroundings are enough to fill any child's mind to its fullest capacity, and no care is too great for the all-important work of keeping those first impressions sweet and true. For upon them the whole character has its foundation.

## HER DRESSING TABLE.

Sensible Directions and Prohibitions for the Woman Who Wants to Keep Youth and Health.

By AN EXPERT.

THE girl with the high forehead should wear her hair down low over the brow. If she has a low, smooth, white brow, she should brush her hair well off the forehead.

A madonna face requires the hair parted in the middle.

The girl with an intellectual brow or a fair share of youthful beauty can afford to draw her hair back in loose waves, sans pompadour or parts, and coil it on the neck.

For elderly matrons the pompadour is dignified and stately, and it seems to increase the height of stout women.

The round, shapely head looks well with a soft puff of hair at the nape of the neck.

Every woman should study her own style. If she looks best with her hair low, then low she should wear it, though every other woman in the land is piling her hair on the top of her head.

A wise woman never curls or frizzes or overdresses her hair if it is beautiful of itself.

### For the Complexion.

Don't eat when very tired, if you expect to get any good from your food and preserve your beauty.

Don't eat more than one hearty meal a day. This is the secret of good looks, health, and long life—a secret which if everyone followed the doctors could not make a living.

Don't eat much meat in hot weather if you would keep your skin free from eruptions.

Don't eat hot or fresh bread if you want to be healthy and beautiful.

Don't eat cold, starchy foods, like potato salad and cold porridge, unless you have strong digestive organs.

Don't eat ice cream too fast. Eaten slowly and allowed to melt in the mouth, it can do no harm.

Don't drink ice water. Cool water quenches thirst much better than ice-cold fluid.

Don't drink much water at meals, but take a glassful the first thing in the morning and the last thing at night.

Don't drink too much coffee or tea unless you want a complexion like leather in color and texture.

Don't eat potatoes, peas, macaroni, cream, olive oil, pastry and bonbons if you want to lose flesh.

Don't go to bed hungry. A glass of milk or a cup of chocolate will refresh you.

Don't think you can eat too much spinach, lettuce, watercress, dandelion

or carrots. They are complexion beautifiers.

Don't exercise for at least an hour after meals.

Don't use too much force. If exercise is too vigorous you will be exhausted before you can complete it.

Don't exercise one part of the body too much and another part not at all. Let the development be symmetrical.

Don't exercise beyond the ability of the heart to keep pace with you. Palpitation is a certain indication of excess.

Don't forget to inhale slowly and deeply when performing any exercise. This will make the chest deep and full.

Don't have intermittent attacks of exercising your muscles. In order to receive any benefit you should devote some time daily to athletics.

Don't protrude the abdomen or rest the weight unevenly upon the feet. No exercise is of any benefit whatever unless the correct standing position is taken every time.

### How to Sleep Well.

The greatest luxury in the whole world is a forgetful, peaceful sleep. Yet how few of us are granted this boon. Many people suffer all night from the troubled sleep of indigestion, which the eating of a biscuit and a glass of water before "retiring" would have prevented. It is not advisable to eat heavy or rich food before going to bed, but if you feel at all hungry Nature's cries will cause you disturbance if you do not make an attempt to satisfy that hunger before going to sleep.

The best position in sleeping is to lie on the right side. Do not throw the arms over the head, and do not curve up the legs. There is a great temptation to do this when one is tired, but should be resisted. Do not use a bolster, only a moderately high pillow, and do not sleep on feathers, as they are debilitating. There is nearly always a draught felt from under the bed; this can be remedied by covering the wire mattress with newspapers. If swansdown quilts can be afforded, they are ideal covering, being warm and light. All heavy blankets should be strenuously avoided, and therefore the habit of "throwing a fur coat or other heavy blanket over the bed for extra warmth" is a very bad one. Windows should be slightly open day and night. Flowers should never remain in a sleeping room, and the less heavy drapery there is about the better. If the bed refuses in valances they should be kept scrupulously clean.

## Some Hints on Proper Facial Expressions

FOR the women and girls who are constantly exerting themselves to wear a "fascinating smile or frown" we can give no better advice than in quoting the following from the "Daily Evening Telegraph" of Philadelphia:

Very charming is the animated face of the young girl who tells a story and smiles and arches her eyebrows and makes many little expressions with her plastic features.

But that same young lady is laying up trouble for herself in years to come. Every time she raises her eyebrows tiny horizontal lines are formed across the white forehead. Every time she smiles and twinkles her eyes, parentheses marks outline her mouth and wrinkles form at the end of her eyes. Ten years from now those lines will be printed on the map to stay.

### Do Not Frown.

Other women frown a tiny bit over every little fret of daily life. The frown marks soon are permanent, and we have the ungacious and angry-looking woman of thirty. Again, the woman who is always yearning for the unattainable has a droop to the mouth and a hungry look around the eye, which at middle age is most unbecoming.

The best advice to young women is to moderate a little. It is impossible and a state of things not to be desired that one should go through life with no more expression than that of the wooden Indian in front of a cigar store—always with features like a plaster cast. But, on the other hand, one must be careful not to be extravagant in the use of facial expressions.

### Keep the Eyebrow Down!

If there is one bit of advice that could be given almost universally to women, it is this—keep the eyebrows down!

For the majority of females overwork these members. They are raised in surprise, in admiration, in disdain, and in animated conversation.

They are lifted when cook leaves, when baby cries, when visitors arrive, and at the death of a relative.

They are hoisted over the matter of a new dress, or when husband stays out too late.

They are again upheaved when the owner cleans her teeth, adjusts the neckwear or tries on a new pair of shoes.

And every time they go up the horizontal lines form those lines which are the first to show when Time is making his mark upon us. Keep the eyebrows down, dear women, or regret it when it is too late.

## Girls Form Club To Get Husbands

A SOCIETY unique in its rules, with an unusual object and with a queer plan for the achieving of its ends, has been formed up at Florence, on the borderland of Wisconsin civilization, where the logger and the miner still rule supreme.

The A. C. club is the name of the organization. What the mysterious initials mean, none of the members will divulge. Women though they be, they have kept their secret.

### Code of the "Club."

This is the code of the A. C. club: Object—To cure the men friends of the members of the drink habit, to prevent the formation of the habit in those yet unattached, and the establishing of a code of morals for men which will make their lives as pure as they would have those of the girls whom they wish to make their wives.

Methods—To taboo all public functions, to bar from their homes and to warn the marriageable young women of other cities against young men whose conduct violates the standards set up by the members of the club.

### Milk in the Cooanout.

Aims—The securing of a good husband by every member, the girls being all pledged to avoid spinsterhood as they would the plague.

Membership—Open to girls from fifteen to twenty-five years old. Members who marry must retire from the active membership list and become advisory members. Their privileges are to attend meetings of the club—their duty to tell their active members what they learn from their husbands of the habits of the eligibles in the matrimonial market.

## What the Footsteps Tell of Character

TIP-TOE walking indicates surprise, curiosity, discretion or mystery.

The misers' walk is indicated in short, nervous steps, noiseless and anxious, and with stooped shoulders.

Energy or agitation are indicated in the quick step.

Preoccupied or absent-minded people will be found with toes turned in.

The proud step is slow and measured, the toes conspicuously turned out and legs straightened.

Uncertainty, hesitation and indecision are indicated by the wavering steps which follow every change of impulse of the mind.

Slow steps, whether long or short, suggest a gentle or reflective state of mind.

Obstinate people who in argument rely more on muscular power than on intellectual power, rest the feet flatly and firmly on the ground, waving heavily and slowly, and stand with legs firmly planted far apart.